



Well, we're still sidelined so sadly there's not much to report in this Newsletter on what's been happening with our swimmers, but it's hoped there may be a flicker of light emerging at the end of the tunnel.

In their statement released on 29 May, Swim England were seeking clarity from the Government regarding the extent of the easing of the lockdown enabling groups of up to six people from different households in England to meet outside. Yesterday, on 1st June, they confirmed that the new Government guidelines opened up the opportunity for outdoor land training as well as open water training sessions in small groups of up to 6 including the Coach. In all instances, risk assessment and risk management must be put in place.

Swim England also recently announced that all remaining National events in 2020 would be cancelled. Sadly, this includes the National County Team Championships at Ponds Forge which had been set for October again this year. Last year, you might recall DDSC did itself proud with a total of 5 swimmers selected to represent Northamptonshire alongside 19 swimmers from the remaining 7 other Clubs in the region. It's also been decided that there will be NO Level 1 and 2 Meet Licences issued for the remainder of 2020, although it's not yet clear about Level 3 or 4 Meets and some Clubs have gone ahead with making preparations - Flitwick had issued a "Save the Date" notification for their Open Meet at Biggleswade in October!



Swim England's next publication as to how and when we might get back in the pool is due out on Monday 15th June. Developed in consultation with Sport England and Public Health England for all areas of aquatics, this document is expected to include details around pool programming, observing social distancing, pool water treatment and air handling and circulation. There is much to be considered and risk assessments will inevitably be required. Davenport Leisure Centre as well as Davenport Dolphins must have robust systems and procedures in place which will inevitably take time but we hope to be in a position to update you all further as soon as possible.

While the cancelling of certain events is a disappointing blow for our swimmers, many of whom are desperate to start training again, it does help ensure that when pools do eventually reopen, there might not be such a rush to get back to full fitness and risk potential injury.

At this time ...



I know that some of us have lost loved ones during this difficult time, or have been struggling in other ways many couldn't even begin to understand. Our thoughts are with you - we wish you well and look forward to seeing you again soon.

Once again, we remember all our DDSC key workers. For the sake of us and many like us, some of you, quite literally, put your lives on the line every time you go out to work. Thank you. You are all appreciated in whatever capacity you've chosen to keep going through all of this.



And lastly, to our DDSC men, don't fret if you're called



back to work and you haven't yet managed all the tasks on that "list" you were given back in March by your special someone. I've no doubt it'll be kept in a safe place to be re-presented to you at an opportune time in the future.



Of course, our DDSC ladies completed their "lists" weeks ago





Many of us will have seen that, as part of the COVID-19 recovery plan, restrictions have been relaxed on **OPEN WATER SWIMMING** which has already seen some of our DDSC swimmers back in the water.

ANYONE considering open water swimming should THINK CAREFULLY beforehand and SEEK OUT SUITABLE ADVICE

Key safety advice for all open water swimming has been drawn up by Swim England, British Triathlon and the Royal Life Saving Society UK and all three organisations are encouraging people to take extra precautions when swimming in lakes, rivers or the sea.



A few simple rules ...



- Wear the correct equipment
- Ensure weather conditions are suitable
- Plan your course to include safe entry and exit of the water

- Check the water temperature
- Know your limitations
- Think about recovery and nutrition



... and always remember to ensure you comply with Government guidance on social distancing and travel.

No matter how experienced a swimmer thinks they are, **Swim England** and **British Triathlon** offer online advice and this should be read *very carefully* before considering getting into the water. The **Royal Life Saving Society UK** has advised that if you are not already used to swimming in open water, DO NOT start now unless you can do so safely whilst under supervision and guidance. Many open water sites are currently unsupervised which means there will be no-one to help you if you get into trouble and stretched emergency services may be unable to get to you in time.

Missing those Meets ?

So then Swim Mums and Dads because I *know* how disappointed you all are to be having these "meet-free" weekends, I thought I'd pass on some tips to enable you to recreate that very special environment we all love ...

So here's my simple-to-follow, step by step guide:

Step 1: The evening before, pre-programme all heating systems in your home for 3.00am and set to the highest setting.



Step 2: Set your alarm clock for 5.45am to allow time for at least one hit at the snooze button.



Step 3: Find uncomfortable hard seating and place as closely together as possible. Those emergency "Christmas" chairs you keep in the loft or garage might be suitable.

Step 4: Retire to bed early but ensure you have a sleepless night worrying that you might miss the alarm.



Step 5: At approximately 6.30am, bleach all your household loos really well. The more liberal you are with the bleach, the better the effect. **Remember to read the warning label on the bottle before use.**

Step 6: Place some wet swimming trunks or a costume or two with several soggy towels into an unorganised pile in the hallway and in the kitchen. For better results, strategically recreate similar piles around the house.

Step 7: At approximately 7.30am, using any device with speakers, open the links below and play at full volume - these are my own personal favourites so feel free to substitute your own choices -
<https://www.youtube.com/watch?v=S8jhXmfdRFY>
<https://www.youtube.com/watch?v=8rjpDYP9RBk>



Step 8: Gather everyone around the hard chairs and decide who wants to squeeze in next to who. Try and pick people you like as you could be in this position for a while.

Step 9: Remain for at least the next 5 hours, then pause for approximately one hour during which time you can go outside but the opening of doors may allow the bleach aroma to evaporate. If this occurs, your loos will need to be bleached again before moving on to the next step.



Step 10: Finally, repeat Steps 7 and 8 for at least another 5 hours.

Ahhhh ... fond memories



DDSC are still on the lookout for a Chairperson to join the Committee and have their voice heard in the day to day decision making.

Concerned you don't have the experience? No problem - you can learn whilst "on the job" - there's always someone around who can help. You just need a couple of hours per week to spare.

Our Club can't run without a Committee and our Committee needs a Chairperson so why not contact me at ddsclubsecretary@gmail.com for more information or for an informal chat.

Interested in volunteering with DDSC when training restarts?

Contact Vicki, our Volunteer Coordinator, at ddscvolunteercoordinator@gmail.com



Thought about officiating at swimming events? As a Club, we need to ensure we can provide an adequate number of officials for each event we wish to take part in. Food & drink are thrown in too! So, if you'd like to know what's involved in becoming an Official, contact Tunde, our Officials Coordinator, at ddscofficials@gmail.com

Step back in time

Daventry Dolphins Swimming Club has a rich and interesting history. 2022 will be the Club's 'Diamond' Anniversary, celebrating 60 years of swimming triumphs and no doubt heartaches for some along the way. It's hoped by the time the anniversary date comes around, we'll be able to celebrate in DDSC style ... the events of the 2019/20 season, or rather lack of, being a very distant memory. In the coming Newsletters, I'll be taking a look back at some of our Club's history, beginning with a past Club President who recently celebrated her 90th Birthday!



Zoe Meacock was the fourth President of DDSC, serving from 1984-1990. Last month, on V.E. Day, she celebrated her 90th birthday. Unfortunately, as with many birthdays which have fallen during lockdown, Zoe sadly wasn't able to celebrate in the way she had originally planned. Instead, she enjoyed a picnic on her front lawn whilst her family did an honorary drive-past. I'm reliably informed this was the first time Zoe had enjoyed a picnic on her front lawn which, I think you'll agree, goes to prove that even at 90 years of age, we are never too old to try something new!

Many Daventry folk (or at least Daventry folk of ... *ahem* ... a certain age) will remember Zoe as a well respected and great influence for swimming in the area, not just with the Club but at parent & toddler sessions and with school swimming at The Abbey School in Daventry. At the Club's 25th Anniversary in 1987, it was Zoe (and her late husband Peter) who presented the current President's Medal of Office to the Club. Zoe remains very proud to be part of DDSC's history and still looks forward to being kept up-to-date with Club news.



The Club's 50th Anniversary celebrations with other Club Presidents, past and present. From left to right - Zoe Meacock (1984-90), Rose Sutherland (1990-99), Lesley Sharp (our current President), Shirley Carwardine (1979-84) and Alan Colsey (1999-2004).

DDSC would like to thank Zoe for her support through the years and we look forward to welcoming her to the Club's Diamond Celebrations in 2022!

and finally

Thank you to everyone who sent in their answers
to the puzzles attached in my "Regional" emails.

Those with the most correct answers were

Ruby Harris
(Word Search)

and

Jennifer & Liliane Cook
(Dingbat Puzzle)

Well done to you!

Continuing on the subject of this season's Regional Championships, ahead of shutdown the Committee were already discussing T-shirts for those that had qualified. Already designed by Kian Saville, it was decided to go ahead with getting these printed for our qualifiers. Qualifying is still a massive achievement, so marking the occasion was felt worth it.

**If you're looking for more ways to keep your younger swimmers entertained,
Swim England have devised some Home School Activities so why not take a look -**

<https://www.swimming.org/swimengland/free-home-school-activities/>

That's it for now ...

Keep checking in to social media - we continue to post regular updates on Facebook and Instagram as well as Twitter - and don't forget to look out for emails.

If you have any questions or concerns, don't hesitate to contact me at
ddsclubsecretary@gmail.com

Instagram

Follow us 

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Help Support your Club

LOCAL LOTTO is an exciting weekly lottery that raises money for good causes in the Daventry district. All good causes supported by the lottery will benefit the Daventry district and its residents.

Tickets cost just £1 per week and each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery!

<https://www.local-lotto.co.uk/support/daventry-dolphins-swimming-club>



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It's simple to use and it's free. **easyfundraising** turns your everyday online shopping into free donations for your favourite cause. How? Just start your online shopping first at easyfundraising, then shop as normal. Our retailers will then make a small donation to say "thank you".

<https://www.easyfundraising.org.uk/causes/daventrydsc/?block-header=true>

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